



## Merkblatt Zecken

### ***Tick bites: dangers and protective measures***

Instruction leaflet issued by the school medical service

Dear Parents

Once the winter is over children can once again venture out on outdoor excursions with the school or kindergarten. During these excursions, however, they can be bitten by ticks.

Ticks can be found in deciduous forests throughout Switzerland and the neighbouring countries situated at a height of up to approx. 1500 metres above sea level. Ticks live in the undergrowth and in bushes up to a maximum of 1.5 metres above the ground and are picked up on passing. The tick season runs from spring (February) to autumn (October/November). Ticks can - but only rarely - transmit two diseases. Below you can find important information concerning dangers and protective measures.

#### **Transmittable diseases**

**Lyme Disease:** Ticks can transmit Lyme Disease in the whole of Switzerland, but only around 1 in 10 individuals bitten by an infected tick will develop symptoms. If a few days after being bitten you start developing a fever or flu-like symptoms, or if at the point where you were bitten or on any other part of the body there appears a ring-like red patch of skin, visit your GP or paediatrician. The disease can be treated using antibiotics.

#### **Tick-borne encephalitis: (also called spring-summer encephalitis (FSME))**

Only in certain regions of Switzerland are ticks infected with the encephalitis virus (see reverse: Spring-summer encephalitis regions) and can transmit the disease to humans. In Canton Zurich this can happen almost anywhere. Only approx. 1 in 1000-4000 tick bites in such an area lead to the dreaded cerebral inflammation (encephalitis). If a few days after being bitten you start suffering from headaches, fever and tiredness, visit your doctor or paediatrician. There is a **vaccination** against tick-borne encephalitis! (see below)

#### **PREVENTION AND PROTECTIVE MEASURES**

**Wear clothes that are able to be tied (long trousers and sleeves) and use insect spray. If possible, avoid bushes, high grass and undergrowth. After walking through undergrowth, carefully examine the body for ticks. In the case of children, check the scalp as well (examination to be carried out by parents). Tick bites do not hurt and are often overlooked. If you find any ticks, pick them up as closely as possible to the skin using tweezers and lift them straight up. Disinfect the skin. Do not apply any oil, adhesive substance or Vaseline onto ticks. Mark any tick bites with a pen and include the date.**

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## Vaccination against tick encephalitis (spring-summer encephalitis, (FSME))

Cases of spring-summer encephalitis have increased during the past few years. Because of this, all adults and children aged 6 years or older who live in a tick encephalitis region or stay in one are advised to be vaccinated against spring-summer encephalitis. Since spring 2006 this recommendation has applied to the whole of Canton Zurich. Vaccinations for children under 6 years of age are generally not recommended. Full vaccination requires three injections. An individual is effectively vaccinated no earlier than 4 - 6 weeks after the second injection. As a result, basic vaccination should take place, if possible, before the tick season begins. For personal vaccination advice and vaccination, speak to your GP or paediatrician.

### Questions and other information

If you have any questions, speak to your school doctor.

Further information can be found at [www.vsa.zh.ch](http://www.vsa.zh.ch) -> Downloads -> Schularzt

### Tick encephalitis/spring-summer encephalitis (FSME) regions (status: March 2006)

<b>Zürich</b>	entire Canton
<b>Aargau</b>	Rheinfelden, Möhlin, Wallbach, Bezirk Laufenburg, Koblenz, Döttingen, Zurzach, Birr, Brugg, Würenlingen, Baden, Wettingen, Rothrist, Zofingen, Brittnau, Gontenschwil, Schöftland, Muhen, Gränichen
<b>Bern</b>	Gampelen, Erlach, Grosses Moos, Lyss, Jens, Port, Mühleberg, Kriechenwil, Belp, Münsingen, Steffisburg, Thun, Spiez, Frutigen, Erlenbach, vorderes Simmental
<b>Fribourg</b>	Salvenach, Ulmiz, Kerzers
<b>Graubünden</b>	Fläsch, Luziensteig, Gräsch, Seewis
<b>Luzern</b>	Reiden, Langnau, Dagmersellen, Nebikon, Egolzwil, Kottwil, Sursee, Knutwil
<b>Nidwalden</b>	Stans, Buochs, Bürgenstock, Stanserhorn
<b>Obwalden</b>	Kerns, Stanserhorn

<b>Schaffhausen</b>	Hallau, Osterfingen, Neuhausen, Beringen, Schaffhausen, Stein am Rhein
<b>Solothurn</b>	Bellach, Lommiswil, Langendorf
<b>St. Gallen</b>	Jonschwil, Zuzwil, Niederhelfenschwil, Mörschwil, St. Magrethen, Balgach, Wagen, Jona, Mels, Sargans, Vilters
<b>Thurgau</b>	Diessenhofen, Basadingen, Ermatingen, Kreuzlingen, Warth, Weiningen, Herdern, Nussbaumen, Frauenfeld, Steffurt, Weingarten, Thundorf, Lommis, Aadorf, Wängi, Affeltrangen, Oppikon, Friltschen, Weinfeldern, Zihlschlacht, Kesswil
<b>Waadt</b>	Cudrefin, Salavaux
<b>Zug</b>	Steinhausen
<b>FL</b>	Balzers, Vaduz, Nendeln

Further information about ticks can be found at:

<http://www.bag.admin.ch/matters./medizin/00682/00684/01114/index.HTMLlang=de> (prepared by the Federal Office of Public Health), [www.zecke.ch](http://www.zecke.ch) or [www.zecken.ch](http://www.zecken.ch)

"Vorsicht bei Zeckenstich" ("Be Careful About Tick Bites") - this brochure can be ordered free of charge from the SUVA in Lucerne (Tel. Central Customer Service: **041 419 58 51** or online at [www.suva.ch/waswo](http://www.suva.ch/waswo)).

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